

# Tasty Treats For Teeth

**“Tooth-Friendly” Snacks for Children**



Tasty Treats For Teeth  
“Tooth-Friendly” Snacks for Children

By

**Patricia Dunavan, MS, RD, LD**

Kansas Department of Health and Environment

Nutrition and WIC Services

Topeka, Kansas

September 2001

Distributed by

Oral Health Kansas

800 SW Jackson Suite 1120

Topeka, Kansas 66610

[info@oralhealthkansas.org](mailto:info@oralhealthkansas.org)

Snacks are very important for young children. Their stomachs cannot hold as much food at one time as an adult's can. For this reason, they need to eat more often than we do. When children are active, they require more energy. Snacks provide the calories needed for rapidly growing youngsters. Nutritious snacks will help children get all the vitamins and minerals they need each day.



So, snacking is fine for preschoolers, but all snacks are not equal! The snacks we serve should be chosen carefully. Children depend upon us to keep their smiles bright. Sugar and starches in foods can cause tooth decay when they stay on the teeth too long.

But what do you serve that children will like, won't take a lot of time to prepare, and won't cause tooth decay? Well, it is simpler than you think. Just follow these tips:

**T** = Take Time to Plan

**E** = Eat From the Pyramid

**E** = Everything in Moderation

**T** = Timing Is Important

**H** = Have Fun

## T = Take Time to Plan

It is hard to serve healthy snacks if you don't have the right foods on hand. A little advance planning can make this job much easier. Make a list of healthy treats that your child might like for snack time. Add some quick items such as yogurt, fresh fruit and vegetables to your grocery list. At the beginning of each section of the cookbook, we have included a list of quick snack ideas to help you get started.

## E = Eat From the Pyramid

Let the Food Guide Pyramid be your guide to healthy “tooth-friendly” snacks! One of the factors that increase the risk of cavities is the amount of sugar that is in the food. Choose fresh fruits and vegetables, whole grain products, milk and cheese, and protein foods that protect against cavities. Use foods with lots of sugar or fat less often. Foods that “protect” against tooth decay include:

Cheese

Fresh fruit

Juice without added sugar

Low sugar cereals with milk

Meat

Milk

Nuts

Peanut butter

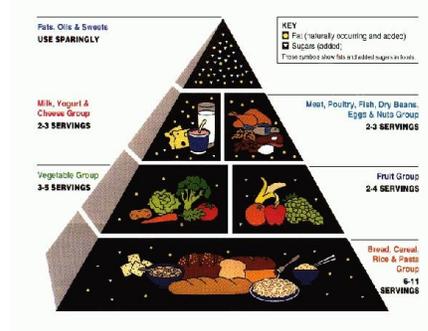
Popcorn

Pretzels

Vegetables

Whole grain breads and pasta

Yogurt



## E = Everything in Moderation

Although nutritious foods are best for snacks and meals, don't eliminate “junk” foods completely. Denying a child birthday cake, Halloween candy, or Christmas cookies may make the child want those foods more often. Including these foods occasionally is fine. Look for lower sugar, lower fat alternatives when possible.

Foods that should be eaten less often as a part of a meal, not as snacks include:

Cake

Candy

Chips

Cookies

Donuts/Sweet rolls

Gum

Pop or soda

Raisins and dried fruits

Sweet drinks such as Kool Aid, Hi-C, or Tang



Syrups and honey

## **T = Timing Is Important**

Timing is important in two ways—how long a food stays in the mouth, and when food is eaten. If a food is sticky or is sucked on, it stays in the mouth longer. Some foods that are a problem when eaten alone, are not such a problem when they are eaten as part of a meal. The best plan is to keep sticky foods such as dried fruits as a part of the meal, and give fresh foods as snacks.

Plan when snacks will be served. Every time we eat, our teeth are bathed in acid from bacteria that can cause tooth decay. If a child is allowed to “graze” instead of having regularly scheduled meals and snacks, their teeth are at greater risk of tooth decay. For this same reason, very young children should not be allowed to carry a bottle or cup with sweet drinks or juice around all day.

But don't force a child to eat. They need to learn to eat when their bodies tell them they are hungry. Remember that parents and teachers can provide food, but it is up to the child to eat it.

## **H = Have Fun**

Last, but not least, have fun. Take time to sit down with your child and enjoy snack time together. Allow the child to assist in making the snack whenever possible. Preschoolers, who are often fearful of trying new foods, are more likely to eat and enjoy snacks they have helped prepare. Use your creativity in offering foods that look good, smell good, and are good for your child.

**A note about choking:** Young children can easily choke on nuts, seeds, popcorn, raw vegetables, grapes, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Cut foods into small, easily chewed finger foods for toddlers and preschoolers who are still learning to bite and chew. Watch children of all ages closely whenever they are eating.

This cookbook is designed to give the reader recipes and ideas for “tooth-friendly” snacks. Each section represents a group of the Food Guide Pyramid.

# Breads, Cereals, and Grains



## Quick Snacks from the Bread Group

- Whole grain breads of all kinds
- Fig bars
- Flavored mini rice cakes or popcorn cakes
- Gingersnaps
- Graham crackers
- Low-sugar ready-to-eat cereals
- Tortilla roll-ups

## **Bagel Faces**

Bagels

Cream cheese or peanut butter

Assorted toppings such as grated or sliced carrots, red and green bell pepper slices, mushroom slices, cucumber slices cut in halves, grapes.

Cut bagel in half. Spread cream cheese or peanut butter on bagel. Top with assorted toppings. Be creative to make it look like a face.

## **Apple Cinnamon Muffins**

3/4 cup milk

1/2 cup vegetable oil

1 egg

1 apple, peeled, cored, and diced

2 cups flour

1/3 cup sugar

3 teaspoons baking powder

1 teaspoon salt

1/2 teaspoon cinnamon

Sugar to sprinkle



Preheat oven to 400 degrees. Beat the milk, oil, and egg together. Mix in the apple chunks. Stir in the flour, sugar, baking powder, salt and cinnamon. Mix well. Fill greased or lined muffin cups about halfway full. Sprinkle the top of each muffin with a little sugar. Bake at 400 degrees for 18-20 minutes or until golden brown. Makes 12 muffins.

## **Chilly Willy Sandwich**

Spread 1/4 cup of your favorite yogurt on a waffle, top with 1/4 cup fresh fruit, and fold into a sandwich. Freeze in plastic wrap. Makes 2 servings.

## **Baked Cinnamon Crisps**

Nonstick cooking spray  
2 tablespoons sugar  
3/4 teaspoon ground cinnamon  
2 tablespoons margarine  
10 flour tortillas

Preheat the oven to 350 degrees. Spray cookie sheets with cooking spray. In a small bowl, blend sugar and cinnamon. Melt the margarine in a small cup in the microwave. Lay tortilla on a cutting board. Using a pastry brush, brush the margarine on the tortilla. Lightly sprinkle the top with the cinnamon-sugar mixture. Repeat with the remaining tortillas. Bake until lightly browned and crisp, about 20 minutes, checking often. Cut each tortilla in half. Serve immediately.  
Makes 20 snacks.

## **Banana-berry Bread**

1 1/4 cups sugar  
1/2 cup margarine or butter, softened  
2 eggs  
1 1/2 cups mashed ripe bananas  
1/2 cup buttermilk  
2 1/2 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup fresh or frozen blueberries

Heat oven to 350 degrees. Grease just the bottom of 9 inch loaf pan. Stir sugar, margarine, eggs, bananas and buttermilk in large bowl until mixed. Stir in flour, baking soda, and salt just until moistened. Stir in blueberries. Pour batter into pan. Bake about 1 hour 15 minutes or until toothpick poked in center comes out clean. Cool 5 minutes. Loosen sides of loaf from pan and take bread out of pan. Cool completely.  
Makes 1 loaf..

## **Buttery Onion Pretzels**

1 1/4 cups butter or margarine  
1 package (1 1/2 ounces) dry onion soup mix  
1 bag (16 ounces) chunky pretzels, broken into pieces

In a skillet, melt butter. Stir in soup mix. Heat and stir until well mixed. Add pretzels; toss to coat. Spread pretzel mixture in a baking pan. Bake at 250 degrees for 1 1/2 hours, stirring every 15 minutes. Cool. Store in an airtight container. Yields 6 cups.

## **Cereal Snack Mix**

3 cups bite size unsweetened cereal  
1 1/2 cups peanuts  
1 teaspoon oregano  
1 teaspoon parsley flakes  
1/2 teaspoon onion powder

1 cup small pretzel sticks  
1/3 cup melted margarine  
1/2 teaspoon basil  
3/4 teaspoon garlic powder

Mix cereal, pretzels and peanuts together. In a small pan, melt the margarine and stir in the seasonings. Pour over the cereal mix. Toss to coat. Bake at 300 degrees for 15 minutes on a large baking sheet, stirring occasionally.

## **Cheddar Bread Squares**

1/2 cup dry uncooked cereal such as Cream of Wheat or Malt-O-Meal  
1 1/4 cup flour  
3 tablespoons sugar  
4 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon thyme leaves  
1 cup milk  
1/4 cup vegetable oil  
1 egg, beaten  
1 1/2 cups grated cheddar cheese

Combine first 6 ingredients. Add remaining ingredients and stir until just blended. Pour into a greased 8 inch baking pan. Bake at 400 degrees for 30-35 minutes. Serve warm. Makes 9-2 1/2 inch squares.

## **Cottage Cheese Pancakes**

2 1/2 cups small curd low fat cottage cheese  
1 egg, beaten  
Dash of salt  
1 tablespoon vegetable oil  
1 2/3 cups whole wheat flour, sifted



Pour cottage cheese into a blender and process until smooth. Combine all ingredients in a large bowl and beat well. Pour by spoonfuls onto a hot greased griddle and cook until lightly browned, turning once. Serve with applesauce. Makes 10 pancakes.

## **Cheese Pretzels**

2 teaspoons active dry yeast	1/2 cup warm water
2 tablespoons margarine	2 1/4 cups flour
1/2 cup grated Cheddar cheese	3 eggs, beaten
1 egg, separated	salt (optional)

In a bowl, dissolve yeast in warm water and stir well. Add flour, margarine, cheese, and beaten eggs and knead. Cut into 8 pieces and roll into snake shapes. Twist into pretzel shapes. Brush with egg white and sprinkle with salt if desired. Bake on a baking sheet at 425 degrees for 15 to 20 minutes.

Makes 8 large pretzels.

## **Face It**

Bread (1 slice per child)	Peanut butter
Sunflower seeds	Hot dog slices
Pineapple chunks	Bean sprouts
Grated cheese	Apple wedges

Cut a circle from the center of a slice of bread. Spread the bread circle with peanut butter. Create a “funny face sandwich” using different foods.

## **Cheese Snack Wafers**

1/2 cup all purpose flour  
1/4 cup whole wheat flour  
Dash cayenne pepper (optional)  
1/2 cup margarine or butter, softened  
2 cups cheese, shredded  
1 1/2 cups dry, unsweetened ready to eat cereal

Mix both flours and cayenne pepper together in a small bowl. Set aside. In a large bowl, beat margarine and cheese together until light and fluffy. Add cereal to butter-cheese mixture. Stir until blended. Add the flour mixture and stir until just moistened. Drop teaspoons of batter onto an ungreased cookie sheet. Flatten each mound with a fork dipped in flour. Bake at 350 degrees for 12 minutes or until light brown around the edges. Remove from the cookie sheet. Cool. Makes 56 wafers



## **Hula Muffins**

2/3 cups sugar  
2 eggs  
1 1/2 cups flour  
1/2 teaspoon salt  
3/4 cup canned crushed pineapple, well drained

1/3 cup vegetable oil  
1 cup shredded carrots  
1/2 teaspoon baking soda  
1/2 teaspoon ground nutmeg

Heat oven to 425 degrees. Put a paper baking cup in each of 12 regular size muffin cups, or grease just the bottoms of 12 muffin cups. Stir sugar, oil, eggs, carrots, and pineapple in medium bowl until mixed. Stir in rest of ingredients. Spoon batter into muffin cups. Bake 13 to 17 minutes or until light golden brown or toothpick poked in center comes out clean. Cool 5 minutes. Loosen sides of muffins from pan if needed, and take them out of the pan. Makes 12 muffins.

## **Mini Pizzas**

6 English muffins, cut in half  
1/4 cup finely chopped onion  
1/4 cup finely chopped green pepper

1 1/2 cups pizza sauce  
1 cup grated cheese  
1/4 cup sliced mushrooms

Heat oven to 350 degrees. Place English muffin halves on a baking sheet. Spread pizza sauce on each muffin half. Sprinkle with onion, pepper and mushrooms on top of each muffin half. Sprinkle with cheese. Bake until hot and bubbly, about 20 to 25 minutes.



## **Nibblin' Fish**

2 1/2 cups O-shaped oat cereal  
1 cup small fish shaped crackers  
1 teaspoon soy sauce

1 1/2 cups pretzel sticks  
1 cup mixed nuts or peanuts  
2 teaspoons Worcestershire sauce

Combine all ingredients in a 2 quart re-sealable plastic bag. Close bag and shake until evenly coated. Transfer the mixture to a 9 x 13 inch baking pan and spray lightly with nonstick cooking spray. Baked at 275 degrees for 30 minutes, stirring occasionally. Cool. Store mixture in a tightly covered container. Makes 24 1/4 cup servings. For very small children, omit the nuts.

## **Snack Pizza**

1/3 cup tomato sauce                      1 teaspoon oregano  
1/2 small onion, chopped                12 ounce can flaky refrigerator biscuits  
1/2 cup shredded or thinly sliced cheese

Pat each biscuit into a 4 inch circle on greased cookie sheets. Mix tomato sauce and oregano. Spoon on each biscuit round. Sprinkle onions and cheese over tomato sauce. Bake at 400 degrees for 15 minutes or until crust is lightly browned. Refrigerate or freeze extra pizzas.

## **Queenie Zucchini Bread**

3 cups shredded zucchini    1 2/3 cups sugar  
2/3 cups vegetable oil                2 teaspoons vanilla  
4 eggs                                      3 cups flour  
2 teaspoons baking soda               1 teaspoon salt  
1/2 teaspoon baking powder        1 1/4 teaspoons ground allspice

Heat oven to 350 degrees. Grease just the bottom of a 9 inch loaf pan. Stir zucchini, sugar, oil, vanilla, and eggs in a large bowl until mixed. Stir in other ingredients until mixed. Pour batter into pan. Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick poked in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan, and take bread out of pan. Cool completely. Makes 1 loaf.

## **Taquitos**

2 cups frozen vegetables, thawed (peas, carrots, and corn)  
1/3 cup shredded Monterey Jack cheese  
12 corn tortillas, warmed  
2 teaspoons vegetable oil  
2 cups salsa

In a bowl, mix vegetables and cheese. Spoon 1/4 cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly. Place taquitos on a baking sheet. Brush each taquito lightly with oil. Bake at 450 degrees until crisp, about 7 to 10 minutes. Serve with salsa.

## **Walking Sticks**

1 3/4 cups flour  
3/4 teaspoon salt  
3/4 cup milk  
8 ounces Cheddar cheese

2 1/2 teaspoons baking powder  
1/3 cup shortening  
1-4 ounce package sliced pepperoni

Mix flour, baking powder and salt in bowl. Cut in shortening with pastry blender until crumbly. Stir in just enough milk to form a dough which leaves side of bowl. Knead lightly on floured surface 10 times. Roll into square 1/2 inch thick. Cut into 4 inch squares. Place 3 pepperoni slices in row down center of each square. Slice cheese into 1/4 x 4 inch strips. Place 1 strip on pepperoni on each square. Roll from one side to enclose filling; seal edges. Roll on floured surface until smooth. Place seam side down on ungreased baking sheet. Bake at 450 degrees for 15 minutes or until golden brown. Yield 12 servings.

## **Whole-Grain Meat Squares**

1 1/2 cups water  
1 egg  
2 tablespoons honey  
1 cup cornmeal  
1 tablespoon baking powder  
1 1/2 cups browned, cooked, hamburger, well drained  
1 cup cheese, grated

3/4 cup milk  
1/4 cup margarine or butter, melted  
1/2 cup rolled oats  
1 cup whole wheat flour

Combine water, milk, egg, margarine and honey in a bowl. Set aside. Mix oats, cornmeal, flour, and baking powder in a large bowl. Add liquid ingredients to dry ingredients. Mix until just moistened. Spread half of the batter in a lightly oiled 9 x 13 inch pan. Sprinkle with hamburger and grated cheese. Spoon remaining batter on top, spreading lightly to cover. Bake at 400 degrees for 25 to 30 minutes. Serve warm. Makes 24 snack squares.

# Fruit



## Quick Snacks From The Fruit Group

- Apple ring sandwiches (peanut butter on apple rings)
- Canned fruits packed in juice
- Chunks of banana or pineapple
- Fruit juice (100% juice)
- Orange or tangerine sections
- Frozen fruit pieces

## **Dinosaur Feet**

1 small whole apple  
2 teaspoons peanut butter  
10 raisins

Wash one apple for each pair of dinosaur feet. Stand apple on end with stem pointing upward. Cut apple in half, then core, to make two bowl-shaped apple pieces. Hold half the apple in one hand and cut two triangle-shaped pieces out of upper end. You should have a shape that looks like a dinosaur foot. Repeat with other apple piece. Spread peanut butter on the apple piece. Use raisins to add claws or toenails. Makes 2 servings

## **Apple Cranberry Crisp**

3 tablespoons sugar  
1 tablespoon cornstarch  
3/4 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 cup frozen apple juice concentrate, thawed and undiluted  
1 1/2 cups fresh or frozen cranberries, thawed  
1 teaspoon grated lemon rind  
1 teaspoon lemon juice  
1 20-ounce can apple slices in juice, undrained  
1/2 cup quick cooking oats, uncooked  
1/4 cup all purpose flour  
3 tablespoons brown sugar  
3 tablespoons margarine

Combine first 4 ingredients in a saucepan; stir well. Add apple juice concentrate, stirring constantly. Add cranberries, lemon rind, and lemon juice. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes or until cranberries pop and mixture thickens, stirring constantly. Remove from heat, stir in apple. Spoon fruit mixture into an 8 inch square pan coated with cooking spray or a thin layer of melted oil or margarine. Combine oats, flour, and brown sugar in a small bowl; cut in margarine with a fork until mixture resembles coarse meal. Sprinkle oat mixture evenly over fruit mixture. Bake for 20 minutes at 375 degrees or until fruit mixture is bubbly. Makes 8-10 servings.

## **Applesauce Ice**

Freeze applesauce in ice cube trays. Crush the frozen cubes in a blender and spoon into small cups.

## **Cheesy Baked Apple**

3 tablespoons part-skim Ricotta cheese  
6-8 raisins

1/2 teaspoon cinnamon  
1 baking apple, cored

Mix Ricotta cheese, cinnamon, and raisins in a small bowl. Fill apple with mixture and place in a shallow baking pan. Bake at 350 degrees for 25 to 30 minutes. Makes 1 serving.

## **Frozen Bananas**

4 ripe bananas  
4 tablespoons peanut butter  
1/2 -1 cup crushed unsweetened cereal



Cut bananas in half or thirds. Insert 1 popsicle stick lengthwise through center of each section. Seal in plastic wrap and place in freezer. When ready to eat, spread thinly with peanut butter. Roll in crushed cereal. Enjoy. Serves 8-12

## **Orange Fluff**

1 envelope unflavored gelatin  
1 1/2 cups orange juice  
1 tablespoon sugar  
1/2 teaspoon vanilla  
1/4 cup nonfat dry milk powder

Soften gelatin in 1/2 cup of the orange juice for 5 minutes. Heat, stirring constantly, until gelatin is dissolved. Stir in sugar and remaining orange juice. Chill until mixture is the consistency of egg white. Whip with a mixer until frothy. Add vanilla. Slowly sprinkle nonfat dry milk on mixture, continuing to whip at high speed until very airy and light in color, about 3 minutes. Volume should measure about 5 cups; if not, beat several minutes longer. Pour into 1 1/2 quart bowl. Chill until set. 4 servings

## **Frozen grapes**

Rinse grapes under running water and drain well. Pick the grapes off their stem and put them on a cookie sheet. Put the sheet in the freezer. After 2 or more hours, grapes are ready to eat as a frozen treat. If you are serving this to small children, cut grapes in half or quarters before freezing to avoid choking.

## **Quick Summer Fruit Shortcake**

1 pint strawberries, cleaned and hulled  
1 cup grapes, seedless, cleaned and halved  
2 peaches, diced  
3 tablespoons sugar  
1/4 cup orange juice  
4 slices angel food cake

Combine berries, grapes, peaches, sugar and orange juice in a large bowl. Mix well. Cover with plastic wrap; refrigerate for 20 minutes. Put one slice of cake on each plate; then portion the fruit and juices from the bowl on top of each slice of cake. Serve. Makes 4 servings

## **Fruit Frappe**

1-10 ounce package frozen strawberries  
3 ounces frozen orange juice concentrate  
3 ounces frozen pineapple juice concentrate  
1 banana  
1 carrot, finely grated

Combine strawberries, juice concentrates, banana, and carrot in blender container. Process until smooth. Add several ice cubes. Process until slushy. Pour into glasses. May pour into popsicle molds and freeze if preferred. Yields 3 cups.

## **Fruit Kabob**

3- 1/2 inch thick banana slices                      3 strawberries  
3 grapes    1 pineapple chunk  
1 maraschino cherry

Thread banana slices, strawberries and grapes alternately onto wooden skewer. Decorate end of skewer with pineapple chunk and cherry. Serve immediately. Yield 1 serving.

## **Fruity Parfait**

2 cups chopped pineapple  
1 cup frozen raspberries, thawed  
1 cup low fat vanilla yogurt  
1 banana, peeled and sliced  
Almonds (optional)

In glasses or small dishes, layer pineapple, raspberries, yogurt, and bananas. Sprinkle with almonds if desired. Makes 4 large servings or 8 smaller servings.

## **Knox Blocks**

4 cups fruit juice  
3 packages gelatin, any flavor  
4 envelopes unflavored gelatin

Put fruit juice in saucepan and bring to boil. Take pan off burner and add gelatins, stirring until dissolved. Pour mixture into large baking dish. Refrigerate until set. Cut into tiny squares and eat with fingers. Variation: Place ½ cup finely chopped fruit in pan before adding gelatin.

## **Micro-Fruit**

1 pound apples or pears, halved and cored or 1 pound bananas, halved lengthwise  
Cinnamon-sugar

Sprinkle fruit with cinnamon, or cinnamon-sugar. Place on microwave safe dish. Bake in microwave until warm. This is yummy with a spoonful of plain yogurt on top. Makes 6 fruit servings.

## **Apricot Cranberry Chiller**

2 cups cranberry juice  
1 cup canned apricot halves (drained)  
½ cup nonfat dry milk  
½ teaspoon cinnamon  
½ cup crushed ice

Put all ingredients in a blender; cover and run on high until smooth. Serve immediately. Makes 3 large servings.

## **Berry Blend**

1-10 ounce package frozen raspberries or strawberries, partially thawed  
1-6 ounce can frozen orange juice concentrate, partially thawed  
1 pint strawberry low fat frozen yogurt, slightly softened  
2 cups skim milk  
Whole strawberries

Place strawberries and juice in blender. Cover and blend until smooth. Add orange juice concentrate, half of frozen yogurt and milk. Blend until smooth. Add remaining frozen yogurt and milk and blend until foamy. Pour into chilled glasses. Garnish each with a whole strawberry.

Serving size: 1 cup Makes 5 cups



## **Blueberry Freeze**

2 cups milk  
2 cups frozen blueberries  
1/2 teaspoon almond flavoring

Place all ingredients in a blender. Blend until slushy. Pour into glasses and serve.  
Makes 4 servings

## **Strawberry Lemon Orange Juice**

6 ounce can frozen orange juice concentrate  
1/4 cup lemon juice  
1 tablespoon sugar  
5 ice cubes  
1 cup fresh strawberries

In a blender, reconstitute orange juice according to package directions. Add lemon juice and sugar; blend until sugar is dissolved. Add ice cubes and strawberries. Blend until frothy. Pour into glasses and serve. Makes 8 servings.

## **Brazilian Healthy Shake**

1 banana, peeled  
1 apple, cored  
1/2 cup strawberries (frozen or fresh)  
1 quart skim milk  
1 tablespoon sugar (optional)

Add all ingredients to blender and blend. Makes 6 servings.

## **Cantaloupe Cooler**

1 cup cantaloupe chunks  
1/4 cup unsweetened apple juice concentrate  
1 cup skim milk

Mix all ingredients in a blender until smooth. Makes 4-1/2 cup servings.

## **Melon Cooler**

2 cups melon, chopped (cantaloupe, honeydew, or watermelon)  
2 cups cold water

Place all ingredients in a blender container. Blend until smooth.  
Serve. Makes 4-6 servings.

You may blend 10 ice cubes with melon and water mixture for a slushy melon cooler.

## **Frothy Apple Cooler**

1 1/2 cups apple juice, chilled  
1/4 teaspoon ground cinnamon  
1/2 cup nonfat dry milk powder  
3 ice cubes

In a blender, combine all ingredients. Cover and blend until smooth. Serve immediately. 3 servings



## **Hot Spiced Grape Juice**

1 cinnamon stick	4 whole cloves
1/4 cup sugar	2 cups water
2 cups grape juice	1 cup orange juice

Tie spices in a small cloth bag. Combine sugar and water, stirring until dissolved. Add spice bag; bring to a boil. Cook for 10 minutes; remove spice bag. Add juices. Reheat to serving temperature. Makes 4-6 servings.

## **Orange Cider**

1 cup apple juice or apple cider  
1 cup orange juice  
Dash ground cinnamon  
Dash ground nutmeg

Combine juices in a saucepan and heat until hot. Pour into mugs and add the nutmeg and cinnamon. Stir and serve. Makes 2-3 servings

## **Orange Grapefruit Fizz**

3/4 cup frozen orange juice concentrate, thawed  
3/4 cup frozen grapefruit juice concentrate, thawed  
1 1-liter bottle carbonated water, chilled  
Ice cubes

Pour thawed concentrates into a pitcher. Gently stir in carbonated water. Pour over ice cubes in glasses. Serve immediately. Makes 8-10 servings.

## **Real Orange Soda**

1 cup orange juice  
1 cup club soda or carbonated water

Stir the juice and soda together in a tall glass. Add ice. Makes 2 servings.

## **Spicy Apple Shake**

1 1/2 cups plain yogurt  
2 cups chunky applesauce  
1/2 teaspoon cinnamon  
Ice cubes or crushed ice

Blend all ingredients well in a blender until smooth.  
Serve immediately. Makes 4 small servings.



## **Five Fruit Salad**

Pour 1/2 cup of orange juice over one cup seedless grapes, one orange, peeled and sliced; one banana, peeled and sliced; and one peach, sliced. Chill. Makes 8 servings.

## **Funny Face Carrot Salad**

2 carrots  
1/2 cup vanilla yogurt  
1 small can crushed pineapple  
raisins

Peel carrots. Roll up a few long shavings and save them for “hair” on final salad. Grate rest of carrots with a grater. Drain can of crushed pineapples in a strainer. Toss pineapple with carrots then add vanilla yogurt. Spoon some salad onto a plate. Make a smiling face with raisins. Style carrot “hair” and serve with a smile.

## **Tooty-Fruity Dip**

1-6 ounce can frozen unsweetened apple juice  
1-6 ounce can water  
4 teaspoons cornstarch  
1/2 teaspoon cinnamon  
1/4 teaspoon vanilla

Mix all ingredients together in a saucepan. Bring to a boil, stirring constantly. Remove from heat and serve. Use the dip with bite-size pieces of fruit or in place of syrup over pancakes or waffles.

## **Apple Pudding**

1 cup leftover cooked rice  
1 cup lowfat vanilla yogurt  
1 cup applesauce  
1 teaspoon cinnamon

Mix rice and applesauce together in a large bowl. Add cinnamon and yogurt. Stir well. Makes six 1/2 cup servings



# Vegetables



## Quick Snacks From The Vegetable Group

Cherry tomatoes cut in small pieces

Oven-fried vegetable sticks

Steamed broccoli or sugar peas with low fat dip

Vegetable sticks such as carrots, green and red peppers, cucumbers, or squash.

## **Kiwi Clover Salad**

1 kiwi, peeled and sliced                      1 three inch celery stick.

Peel and slice kiwi. Arrange four kiwi slices on a plate in the shape of a clover. To make a stem, place the celery piece between two slices of the kiwi. Makes one serving

## **Ants On A Log**

2 celery stalks                                      2 tablespoons peanut butter  
raisins

Wash and cut celery into 2 inch sticks. Spread peanut butter on celery. Place raisins on top. Enjoy.

## **Walking Salads**

These create your own salads are meant to be eaten by hand. Wrap a lettuce or cabbage leaf around a filling. For example,  
cooked seasoned green beans  
grated carrots or pineapple  
cottage cheese with or without pineapple or raisins  
luncheon meat  
carrot and celery sticks  
chopped apples, celery mixed with mayonnaise  
cheese slice and pickle  
tuna or egg salad

## **Broccoli Cheese Quesadilla**

6 flour tortillas  
4 ounces cheese (mozzarella, cheddar, or Monterey Jack)  
10 ounce package frozen broccoli, thawed  
Salsa (optional)

Place tortillas in dry frying pan. Spread a bit of cheese evenly on tortilla. Add some broccoli and a little more cheese. Top with another tortilla and turn on stove to warm. Warm on one side 2 minutes and then flip and warm on other side 2 minutes. All to cool slightly and cut into wedges. Serve plain or with salsa. Makes 12 wedges.

## **Crispy Cheese Potatoes**

2 potatoes, thinly sliced  
Salt and pepper to taste  
1/2 cup grated cheese

Heat oven to 400 degrees. Place potato slices on a lightly greased baking sheet. Do not overlap slices. Sprinkle with salt and pepper. Bake in oven 20 to 25 minutes or until potatoes are tender. Sprinkle cheese over potato slices. Return baking sheet to oven and bake until cheese is melted, about 1-2 minutes. Serve right away. Makes 4 servings.

## **Cucumber Canoes**

2 small cucumbers  
1 cup low fat cottage cheese  
Carrot, celery, or broccoli sticks

Slice the cucumbers in half lengthwise. Scoop the seeds out with a spoon. Fill the cucumber canoe with cottage cheese and add the broccoli sticks and carrot or celery sticks for oars and passengers.

## **Jack's Beanstalks**

1 16 ounce can kidney beans  
1/2 cup grated cheddar cheese  
1/2 teaspoon chili powder, if desired  
8 celery stalks

Drain beans and save a little liquid. Mash beans with a fork, or process with a food processor or blender, adding a little bean liquid for a creamier texture. Stir in cheese and chili powder. Simmer mixture in a small saucepan over low heat until cheese melts. Refrigerate. When cooled, stuff celery stalks with mixture. Cut into bite-sized pieces. Keep refrigerated in airtight containers. Makes 8 servings

## **Race Cars**

1 celery stalk, cut into 4" pieces 1 carrot  
1/2 teaspoon cream cheese raisins  
animal crackers (optional)

Cut carrot into coins to make wheels. Smooth a thick layer of cream cheese onto celery pieces. Put 1 toothpick through each end of the celery pieces to make axles. Put carrot wheels on the exposed ends of the toothpicks. Attach four wheels per car. Put raisins or animal crackers on top of the spread for drivers and passengers. Makes 1 car

## **Potato Latkes**

3 medium potatoes  
2 eggs  
1 teaspoon salt  
2 tablespoons vegetable oil

1 small onion  
2 tablespoons flour  
1/4 teaspoon baking powder  
1 1/2 cups applesauce (optional)

Wash, peel, grate, and drain potatoes to measure 2 cups. Chop onion. Add to potato in large bowl. In separate cup, mix flour, salt, and baking powder. Add to potato. Beat eggs separately. Pour over other ingredients and mix well. Pour oil into frying pan to lightly coat. Heat on low. Drop batter by tablespoons onto heated pan. Flatten with spatula while cooking. Fry on both sides until brown. Serve with applesauce for dipping. Makes 10-12 pancakes.

## **Sweet Potato Fries**

2 pounds sweet potatoes or yams  
1-2 teaspoons vegetable oil

Peel sweet potatoes or yams and cut into sticks or wedges. Toss with oil in a bowl. Spread out on baking sheet. Bake about 1/2 hour at 375 degrees, or until browned and tender. Sprinkle with a little salt and lemon juice, if desired. Makes 16 vegetable servings.

## **Snappy Green Beans with Basil Dip**

1/3 cup low fat mayonnaise  
2 tablespoons milk  
1 teaspoon onion powder  
1 1/2 teaspoons basil  
1/2 pound fresh green beans, washed and stemmed



Mix all ingredients except green beans. Put in small bowl placed in center of serving platter; surround by green beans. Serve. Makes 4 servings

## **Tater Sticks**

4 baking potatoes, cut into wedges  
1-2 3/8 ounce package taco seasoning mix

1/2 cup melted margarine

Dip potato wedges into melted margarine; shake with seasoning mix in plastic bag, coating well. Place skin side down on ungreased baking sheet. Bake at 350 degrees for 40 minutes or until tender. Yields 8 snack size servings.

## **Sweet Potato Turkeys**

Sweet potatoes (1 per person)  
Oranges (1/2 per person)  
Thin carrot sticks

salt and pepper  
Butter to taste  
Large Marshmallow (1 per turkey)

Cook sweet potatoes in water in a covered pan until soft. When cooked, drain off the water and set aside. Cut oranges in half. Remove orange pulp and save. Mash potatoes, adding the saved orange pulp, butter and salt and pepper to taste. Fill orange shells with mashed sweet potato mixture. Place on baking sheet. Bake at 350 degrees for about 5-8 minutes or until warmed through. Add thin carrot sticks on one end of the orange to form tail feathers. Use a toothpick to spear the marshmallow and add to the opposite end for a head.

## **Trees in a Broccoli Forest**

Dipping Sauce:  
1/4 cup plain nonfat yogurt  
1/4 cup light sour cream  
1 teaspoon honey  
2 teaspoons spicy brown mustard

Broccoli Trees:  
2 carrots, peeled  
3 cups broccoli florets  
4 cherry tomatoes  
parsley leaves

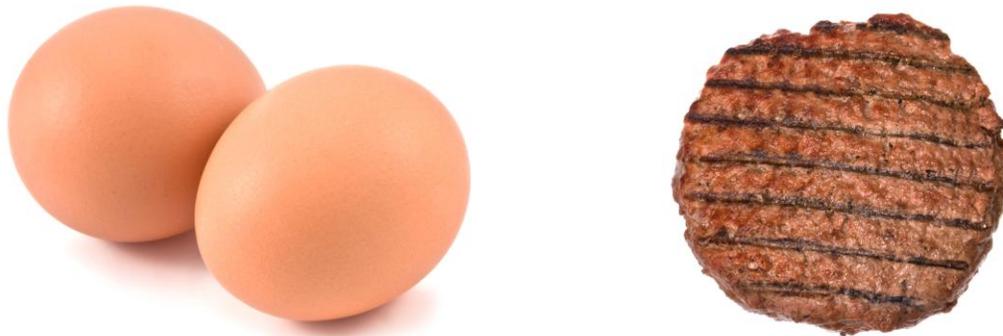
Mix all ingredients for dipping sauce in a small bowl. Trim off the ends of each carrot. Cut each in half, crosswise, then lengthwise to make 4 pieces. Arrange each plate by putting 2 carrot pieces side by side in the center. Arrange broccoli around the carrots forming a cluster. Arrange tomatoes at the top of the plate. Spoon dip around the base of the carrots and sprinkle with the parsley. Makes 4 servings

## **Vegetable Bars**

1-8 count package refrigerator crescent rolls  
8 ounces cream cheese, softened  
1/4 cup sour cream  
6 tablespoons mayonnaise type salad dressing  
1/2 envelope ranch style salad dressing mix  
1/2 cup shredded Cheddar cheese  
Assorted fresh vegetables

Separate roll dough into rectangles. Place in 9 x 13 inch baking pan, stretching to cover and sealing edges and perforations. Bake at 350 degrees for 8 to 9 minutes or until light brown. Cool. Combine cream cheese, sour cream, salad dressing and salad dressing mix in mixer bowl; mix until smooth. Spread over crust. Mix Cheddar cheese with assorted chopped vegetables such as broccoli, carrots, cauliflower, radishes, and green peppers in bowl. Sprinkle evenly over cream cheese layer. Cover with plastic wrap, pressing vegetables lightly into cream cheese. Chill, covered, for 3 hours to overnight. Cut into bars. Yield 24 bars.

# Meat, Beans, and Eggs



## Quick Snacks From The Meat, Bean And Egg Group

Bean dip spread thin on crackers  
Hard cooked eggs wedges or slices  
Peanut butter spread thin on crackers  
Pita bread with thinly sliced meats

## **Applesauce Meatballs**

1 pound ground beef  
1 cup unsweetened applesauce  
2 cups Special K cereal  
1/2 onion, chopped  
1 egg  
1 teaspoon salt  
1 teaspoon pepper  
1-10 ounce can tomato soup  
1-10 ounce can cream of mushroom soup

Mix ground beef with applesauce, cereal, onion, egg, salt and pepper in bowl. Shape into 24 meatballs. Arrange in 9 x 13 inch baking pan. Pour mixture of tomato and mushroom soups over top. Bake at 350 degrees for 1 hour. Yield 6-10 servings. This recipe has been made successfully substituting different cereals or cheese soup for mushroom soup.

## **Breakfast Burritos**

Eggs	Tortillas, flour or corn
Grated Cheese	Salt
Onion Powder	Salsa

Warm tortillas according to package directions. Whisk eggs in a bowl. Use one egg for each burrito. Season with salt and onion powder to taste. Melt one tablespoon margarine in a skillet. Add egg mixture and cook until no longer runny. Lay warmed tortilla flat, put eggs in center, top with grated cheese (use 1 ounce of cheese for each burrito). Top cheese and egg with salsa, if desired. Wrap tortilla up and eat.

## **White Bean Dip**

1 can (15-16 ounces) great northern beans, rinsed and drained  
1 tablespoon lemon juice  
2 tablespoons plain yogurt  
1/2 teaspoon black pepper  
2 tablespoons chopped fresh parsley  
2 garlic cloves, minced

In a food processor or blender, combine all ingredients. Cover and process until smooth. Chill. Serve with toasted pita bread triangles, or fresh vegetables.

## **Channa**

1 can (16 ounces) garbanzo beans  
Salt  
Paprika

Drain garbanzo beans. Spread them on a baking sheet. Season with salt and paprika to taste. Broil about 2 minutes, then stir. Continue broiling until browned and crunchy, about 2 minutes longer. Makes 8 servings. For a different flavor, substitute curry powder, garlic salt, or even soy sauce for the paprika.

## **Deviled Eggs**

6 hard boiled eggs  
1/4 cup mayonnaise  
1 teaspoon vinegar  
1 teaspoon prepared mustard  
1/8 teaspoon salt  
1/8 teaspoon pepper

Slice eggs into halves lengthwise. Remove yolks. Mash yolks with remaining ingredients in bowl. Spoon yolk mixture into egg whites. Chill until serving time. Yield 6 servings.

## **Farmhouse Barbecue Muffins**

1 tube (10 ounces) refrigerated buttermilk biscuits  
1 pound ground beef  
1/2 cup ketchup  
1 tablespoon brown sugar  
1 tablespoon cider vinegar  
1/2 teaspoon chili powder  
1 cup (4 ounces) shredded cheddar cheese



Separate dough into 10 biscuits; flatten into 5 inch circles. Press each into the bottom and up the sides of a greased muffin cup; set aside. In a skillet, brown ground beef; drain. In a small bowl, mix ketchup, brown sugar, vinegar and chili powder; stir until smooth. Add to meat and mix well. Divide the meat mixture among biscuit-lined muffins cups, using about 1/4 cup for each. Sprinkle with cheese. Bake at 375 degrees for 18-20 minutes or until golden brown. Cool for 5 minutes before removing from tin and serving. Makes 10 servings.

## **Frisky Frittata**

1 egg  
1/2 teaspoon salt  
1 cup milk  
3 tablespoons grated Parmesan cheese  
3/4 cup flour  
1/4 teaspoon dried oregano  
1 cup grated mozzarella cheese

Mix egg with flour, salt, oregano and milk. Pour into a blender container and whirl until foamy. Add mozzarella cheese and pour into a greased pie pan. Bake at 400 degrees for 30 minutes. Top with Parmesan cheese. Broil briefly until Parmesan is slightly melted. Serve warm or cold. Makes 6 servings.

## **Ham and Cheese Oven Omelet**

1 tablespoon grated onion  
1 cup shredded cheddar cheese  
3 ounces thin sliced ham  
1/2 teaspoon seasoned salt  
1 cup milk  
8 eggs

Beat eggs, milk, and salt. Add ham pieces, cheese, and onion. Pour into an 8 x 8 inch square pan. Baked uncovered in 325 degree oven for 40-45 minutes or until set and top is golden brown. Makes 4-6 servings.



## **Ham Balls**

1 pound ground ham  
2 eggs  
1/4 cup packed brown sugar  
1/2 cup water  
1 pound ground beef  
1 1/2 cups cracker crumbs  
1 teaspoon dry mustard  
1/2 cup vinegar

Combine ground ham, ground beef, eggs, and cracker crumbs in bowl; mix well. Shape into walnut sized balls; place in baking dish. Pour mixture of brown sugar, dry mustard, water and vinegar over top. Bake at 300 degrees for 1 1/2 hours. Yield 36 balls.

## **Ham Buns**

1/2 cup butter or margarine, softened  
1 tablespoon poppy seed  
2 teaspoons Worcestershire sauce  
1 cup (4 ounces) shredded Swiss cheese  
1 small onion, grated  
2 teaspoons mustard  
1 1/4 cups finely chopped ham  
16 to 20 mini buns

In a bowl, mix butter, onion, poppy seed, Worcestershire sauce and mustard until well blended. Add ham and cheese; mix well. Divide evenly among buns. Place in a shallow baking pan, and cover with foil. Bake at 350 degrees for 15-20 minutes or until hot. Yield 16-20 snack servings.

## **Hot Chicken Salad**

2 cups chopped cooked chicken  
1-2 1/4 ounce package slivered almonds  
1/2 teaspoon salt  
1 cup mayonnaise  
1 cup (4 ounces) shredded Cheddar cheese

2 cups chopped celery  
2 tablespoons grated onion  
1/2 teaspoon garlic powder  
1 cup crushed potato chips

Combine chicken, celery, almonds, onion, salt and garlic powder in bowl. Add mayonnaise; mix well. Spoon into greased baking dish. Mix crushed potato chips and cheese in small bowl. Sprinkle over casserole. Bake at 450 degrees for 10 minutes. Yield 4-8 servings.

## **Muffin Tin Breakfast**

6 slices turkey ham  
Muffin batter to make 6 muffins

6 eggs

Line 6 muffin tin cups with turkey ham slices. Break an egg onto each ham slice. Line 6 more muffin tin cups with paper liners. Fill each with muffin batter. Bake at 375 degrees for 15 to 20 minutes or until eggs are cooked and muffins are golden brown. Makes 6 servings.

## **Peanut Butter Balls**

1 cup creamy peanut butter  
1/2 cup nonfat dry milk powder  
1/4 cup finely chopped nuts  
1 cup graham cracker crumbs

In a medium bowl, mix peanut butter, powdered milk, and nuts. Chill overnight. Form into small balls, then roll in graham cracker crumbs. Makes 24 balls.

## **Sausage Cheese Bites**

1 pound milk pork sausage  
4 cups buttermilk biscuit mix  
2 cups (8 ounces) shredded cheddar cheese  
1 cup water

In a skillet, cook and crumble sausage. Drain. In a large bowl, combine biscuit mix and cheese. Add the sausage and stir until well blended. Stir in water just until mixed. Shape into 1 1/2 inch balls. Place on greased baking sheets. Bake at 375 degrees for about 15 minutes or until golden. Baked bites may be frozen; reheat at 375 degrees for 6-8 minutes. Yields 4 dozen.

## **Surprise Pizza**

1 1/2 cups Nutty Nuggets brand cereal  
1 pound lean ground beef  
1 egg  
2 teaspoons Italian herbs  
1 1/2 teaspoons garlic salt  
3/4 cup pizza sauce  
1 small onion, sliced  
10 mushrooms, sliced  
1-10 ounce package chopped broccoli, thawed  
1 1/2 cups (6 ounces) shredded mozzarella cheese



Heat oven to 400 degrees. In medium bowl combine cereal, beef, Italian herbs and garlic. Press into a 12 inch round pizza pan. Spread pizza sauce over beef mixture. Top with onion, mushrooms, broccoli and cheese. Bake 15 to 20 minutes or until done. Let stand 5 minutes. Cut into wedges and serve. Makes 8-10 servings.

## **Tic Tac Toe Tostados**

6 small corn tortillas  
6 slices American cheese, cut into four lengthwise strips  
sliced green or black olives  
sliced green pepper strips  
1 16-ounce can refried beans

In an oven or nonstick electric skillet, warm the corn tortillas. Spread each tortilla with a small amount of refried beans. Add the cheese strips in a criss-cross manner to form the grid of a tic tac toe game. Use the olive slices for “o” and the green pepper strips for “x”. Eat and enjoy.

## **Tuna Boats**

1-6 1/2 ounce can tuna, drained  
1 1/2 tablespoon plain yogurt  
1 small green pepper

Mix tuna with yogurt and any other desired ingredients. Cut green pepper in half lengthwise. Remove seeds and membranes. Fill with tuna mixture. Add a cheese triangle for a sail, if desired. Grated carrots, chopped celery or pickle relish may be added to the tuna mixture for variety.

## **Won Ton Delight**

1 pound bulk pork sausage  
1 1/2 cups shredded sharp Cheddar cheese  
1 1/2 cups shredded Monterey Jack cheese  
1/2 cup sliced black olives  
1/2 cup chopped red or green bell peppers  
1 cup ranch dressing  
1-50 count package won ton wrappers  
Vegetable oil

Preheat the oven to 350 degrees. Cook the sausage in a skillet until brown and crumbly, stirring frequently and drain well. Combine the sausage with the cheese, olives, peppers, and salad dressing in a bowl and mix well. Brush both sides of won ton wrappers with oil and fit into lightly greased miniature muffin cups. Bake for 5 minutes or until light brown. Fill the cups 2/3 full with the sausage mixture. Bake for 7 minutes longer or until the cheese melt. Remove from the muffin cups immediately. Serve hot or cold. The cups may be baked for the first 5 minutes and removed to a baking sheet or wire ranch to be filled and baked at a later time. Yield 4 dozen.

## **Hill of Beans Snackwich**

1 slice of bread  
1/3 cup barbecue beans or pork and beans, drained  
1/2 or 1 1/2 ounce slice mozzarella cheese

Place bread slice on an ungreased baking sheet. Spread beans on bread slice so that the top of the bread is completely covered and the beans are slightly mounded in the center. Cut cheese slice diagonally into quarters; arrange atop beans. Bake at 425 degrees for 6-7 minutes or until the cheese melts. Serve warm.

## **Chili Bean Dip**

2 cups beans, cooked  
1 tablespoon vinegar  
1 teaspoon chili powder  
2 teaspoons minced onion



Blend all ingredients until smooth. Serve with your choice of fresh vegetables.

# Milk, Yogurt, Cheese



## Quick Snacks From The Milk, Yogurt, and Cheese Group

Cheese slices with thin apple wedges  
Milk shakes, made with fruit and milk

Mini yogurt cups

String cheese

## **Cheese Balls**

1 stick margarine  
8 ounces sharp cheddar cheese

8 ounces lite cream cheese  
8 ounces mild cheese

Possible fillings:

1/2 cup onions, chopped  
Walnuts, chopped  
olives, chopped  
chopped parsley

1/2 cup peppers, chopped  
sunflower or pumpkin seeds  
caraway seeds and garlic powder

Shred cheeses and mix all ingredients together in a food processor. Choose and add one filling to mixture and combine well. Shape mixture into one large ball and place in bowl. Cover and refrigerate several hours or overnight. Remove ball from bowl and roll in seeds, crushed nuts or dried parsley to garnish. Serve with crackers or raw vegetables.

## **Bacon and Cheddar Dip**

1 ounce packet Original Ranch Party Dip  
1 pint sour cream  
1/4 cup bacon bits  
1 cup shredded Cheddar cheese

Mix party dip mix with sour cream. Add bacon bits and cheese. Serve with fresh vegetables.

## **Cheese Flautas**

8 corn tortillas  
1 1/2 teaspoons oil  
8-1 ounce sticks string cheese

Preheat oven to 375 degrees. Microwave each corn tortilla on a double thickness of paper towels for about 30 seconds to soften. Brush each tortilla top lightly with oil. Place oiled side down on a cookie sheet. Place a stick of string cheese at one edge of the tortilla and roll up tightly. Set the rolled up tortilla seam side down on the cookie sheet. Bake for about 15 minutes or until the tortillas are crisp.  
Makes 8 servings.

## **Cheese Fondue**

1 cup milk  
1/2 cup American or Cheddar cheese, shredded  
Salt and pepper as desired

2 eggs  
4 slices bread

Preheat oven to 350 degrees. Mix milk, eggs, and cheese in a bowl. Break bread into bite-size pieces. Place in the bottom of a 1 quart casserole dish. Pour egg mixture over the bread. Sprinkle with salt and pepper. Bake at 350 degrees for 20-30 minutes. Makes 4 small servings.

## **Cheese Pudding**

12 ounces low fat cheese  
6 slices whole wheat bread  
1 1/2 cups skim milk  
2 eggs  
1/4 teaspoon mustard  
1 teaspoon paprika

Preheat oven to 325 degrees. Grease an 8 or 9 inch baking pan. Grate cheese. Cut bread into small pieces. In a mixing bowl, mix all ingredients together. Pour mixture into baking pan. Bake for 45 minutes or until pudding is set. Cut in squares and serve warm or cold. Makes 10-12 servings.

## **Chocksicles**

1 cup plain low fat yogurt  
2 tablespoons cocoa powder  
1 teaspoon honey

Blend ingredients and pour into paper cups. Cover cups with foil. Make a small slit in the center of each foil cover. Insert sticks and freeze. Makes 2 servings.

## **Easy Strawberry Ice Cream**

2 1/3 cups undiluted evaporated milk  
1 3/4 cup frozen strawberries, thawed  
1/4 cup sugar  
2 tablespoons lemon juice

Place evaporated milk, strawberries, sugar, and lemon juice in blender and puree until well blended. Pour in 9 x 13 inch pan and freeze for 1 to 2 hours.

## **Kick The Can Ice Cream**

1 cup whipping cream  
3/4 cup milk  
1/3 cup sugar  
1/4 cup egg substitute  
1/2 teaspoon vanilla extract  
1-1 pound coffee can with plastic lid  
1-3 pound coffee can with plastic lid  
Crushed ice  
3/4 cup rock salt, divided  
Masking tape



Stir together the first 5 ingredients; pour into 1-pound can, and seal with lid. Place small can inside large can. Fill large can with ice and half of rock salt. Secure small can in place with masking tape. Seal large can with lid. Roll large can with your foot 5 minutes. Remove lid from large can, and drain off water. Add more ice and remaining rock salt. Replace lid, and roll can 10 minutes. Let stand 5 minutes before serving. Ice cream will be soft. Yields 3 cups.

## **Fruit and Cottage Cheese Parfaits**

2 tablespoons low fat cottage cheese                      1/2 cup assorted fruit

Arrange layers of fruit and cottage cheese in a clear plastic cup. Makes 1 serving.

## **Ham and Cheese Roll Ups**

4 ounces deli-thin mozzarella cheese slices (or similar cheese)  
12 slices deli-thin smoked ham slices (about 4 ounces)

Using a knife, cut the cheese slices into 3 equal parts. Using one slice of ham, place a cheese bite near one end and roll the ham around the cheese to make a log shape. Repeat with the other 11 slices of ham and cheese. Makes 12 roll ups.

## **Low Calorie Cocoa Mix**

6 1/2 cups nonfat dry milk powder  
3/4 cup cocoa  
25-30 packages of Equal or artificial sweetener

Mix together and store in airtight container. Use 1/3 cup of mix with 8 ounces hot(not boiling) water for a 1 cup serving.

## **Luscious Legos**

12 ounces Monterey Jack cheese  
1 cup stick pretzels

Cut cheese into small cubes. Push the ends of pretzels into cheese cubes to make two-dimensional shapes (squares, triangles, rectangles, etc.) Makes 12 shapes.

## **Mozzarella Cheese Sticks**

1 pound packaged mozzarella  
2 eggs, beaten  
1/2 cup flour  
1 cup flavored bread crumbs  
Vegetable oil for frying

Slice mozzarella into flat wedges. Set up 3 bowls, 1 with flour, 1 with egg, 1 with bread crumbs. Coat each piece of cheese first with flour, then egg, then bread crumbs, then throw immediately into the hot oil to fry. Fry for a minute or two on each side until coating is golden brown and the cheese is melted. Make sure the oil is not too hot or else the cheese will melt before browning. Makes 8 servings.

## **Peter Cottontails**

1-3 ounce package cream cheese  
1 cup finely shredded carrots  
1/2 cup shredded cheddar cheese  
1/2 cup Nutty Nuggets cereal

Beat cheeses together until blended. Stir in carrots. Cover and chill. Shape into balls, roll in cereal and chill until ready to serve. Makes 16 balls.

## **Pinwheels**

1/2 cup yogurt cheese or nonfat cream cheese, softened  
1 teaspoon Worcestershire sauce  
1/2 teaspoon chopped chives  
1/4 teaspoon dry mustard  
6 thin slices extra-lean ham  
3 slices rye bread

Blend cheese, Worcestershire sauce, chives and mustard. Spread over ham slices and roll up jelly roll style. Chill and cut into slices. Serve with rye bread. Makes 3-4 servings.

## **Sunshine Dip**

2 cups plain nonfat yogurt 2 tablespoons orange juice concentrate

Mix together. Use as a dip for pieces of raw fruits such as peaches, strawberries, kiwi, bananas, etc.

## **Pudding Pops**

1 package (3 1/2 oz.) sugar free instant pudding  
2 1/2 cups milk

Mix as directed on pudding package. Pour into popsicle containers or ice cube trays and freeze. Add tooth picks or popsicle sticks when almost frozen. 12 servings

## **Quick Breakfast Cones**

Small flat bottomed ice cream cones  
Fresh fruit, cut up

Low fat yogurt, any flavor  
Low Sugar cereal, crushed

Spoon yogurt into cones. Top with fruit and cereal. Enjoy for breakfast or a quick snack. These are a bit messy, but fun.

## **Rice N Spice Pudding**

1 cup cooked rice  
1 cup milk  
2 tablespoons sugar  
1/4 teaspoon salt  
1 tablespoon margarine  
1/4 teaspoon vanilla  
1/8 teaspoon nutmeg



Combine all ingredients except vanilla and nutmeg in small saucepan. Cook over medium heat until thickened about 20 minutes, stirring several times. Take pudding off burner and add vanilla. Spoon into 3 bowls. Sprinkle nutmeg on top. Serve warm or cold. For variation, fold 1/2 cup chopped canned fruit into cooked pudding. Makes 3 large servings.

## **Saucy Cheese Cakes**

1 rice cake  
2 tablespoons grated Cheddar or jack cheese  
Salsa

Spread cheese on rice cake. Bake at 350 degrees until cheese is melted. Top with salsa. Makes 1 serving.

## **Surprise Custards**

6 egg whites  
2 cups milk  
1 teaspoon almond extract  
1/4 cup sugar  
1/8 teaspoon salt

Beat egg whites in bowl until frothy. Add sugar, milk, salt, and almond flavoring; mix well. Pour through fine strainer into greased custard cups, leaving 1/4 inch at top. Place in shallow pan of hot water. Bake at 350 degrees for 40 minutes or until knife inserted in center comes out clean. Cool on wire rack. Chill until serving time. Unmold onto serving plates. Top with fresh fruit.

## **Taco Pizza**

1-12 ounce can refrigerated biscuits  
1 cup chopped lettuce  
3/4 cup shredded cheese  
1/4 cup taco sauce  
1 cup refried beans  
1 tomato, diced

Press biscuits into the bottom and 1 inch up the sides of a 10x8x2 inch baking pan. Mix beans and taco sauce. Spread over biscuits. Bake at 400 degrees for 10-15 minutes or until crust is golden brown. Remove and sprinkle cheese over beans. Bake 5 minutes more until cheese is melted. Take out of oven and top with shredded lettuce and diced tomato. Serves 6-8

# Fats, Oils, and Sweets



## Cookies And Milk

When we think of desserts, we often think of cookies as snacks. To make your favorite cookie recipes more nutritious:

**Reduce sugar** –Use half the amount of sugar in the recipe. For example, if the recipe calls for 1 cup of sugar, reduce the amount to  $\frac{1}{2}$  cup.

**Reduce fat** –Use one-third the amount of fat in the recipe. For example, if the recipe calls for 1 cup of shortening, oil, or margarine, reduce that amount to  $\frac{2}{3}$  cup.

**Add fiber** –Replace all or part of the white flour called for in a recipe with whole-wheat flour or rolled oats put through a blender.

## **Indian Pudding**

2 1/2 cups milk  
1/2 cup milk  
1/3 cup molasses  
1/2 teaspoon cinnamon

1/2 cup cornmeal  
1 tablespoon margarine or butter  
1/2 teaspoon ginger

Heat 2 1/2 cups milk to a simmer. Mix together the other 1/2 cup cold milk with the cornmeal. Add cornmeal mixture to warm milk, stirring constantly. Cook 20 minutes, stirring frequently until thickened. Remove pudding from heat. Stir in butter, molasses, and spices. Pour into greased 1 quart baking pan. Bake at 325 degrees for 55 to 60 minutes. When a knife inserted comes out clean, the pudding is done. Cut into 8 squares before serving. Serve warm. Makes 8 servings

## **Peanut Butter Popcorn**

1 tablespoon peanut butter  
1 tablespoon margarine  
2 quarts air-popped popcorn

Melt peanut butter and margarine in a small pan over low heat. Pour over popcorn. Toss to mix well. Makes 8-10 servings.



## **Moist Cocoa-Lentil Cake**

2 cups boiling water  
2/3 cup washed lentils  
1 cup vegetable oil  
1 teaspoon vanilla  
4 tablespoons cocoa  
1/2 teaspoon salt

1/4 teaspoon salt  
1 1/4 cup sugar  
4 large eggs  
2 cups flour  
1 1/2 teaspoons baking powder

Add lentils and salt to boiling water. Cover and simmer for 40 minutes. Drain, reserving liquid. Add 1/4 cup of liquid back to lentils. Mash or blend well. Grease and flour 9x13 inch pan. Mix sugar, oil, and eggs and beat well. Add vanilla and lentils to the mixture. Add remaining ingredients. Beat for another 2 minutes. Pour into prepared pan. Bake 30-35 minutes at 350 degrees. Cool and eat! Makes 12 servings.

## **Orange Snap Dessert**

4 oranges, peeled and sliced horizontally into circles  
2 tablespoons apple juice  
1 tablespoon sugar, optional  
8 gingersnaps or vanilla wafers, crushed



In a 9 inch pie pan, overlap the oranges in a circle. Sprinkle with sugar and apple juice. Top with crushed cookies. Cover with plastic wrap and microwave for 1-2 minutes on high or just long enough to heat the fruit and slightly melt the cookies. Serve warm.  
Serves 4

## **Pineapple Sherbet**

3/4 cup orange juice  
1 3/4 cup pineapple juice  
1/4 cup sugar or 1 teaspoon artificial sweetener  
1/2 cup nonfat dry milk powder

Blend all ingredients well. Freeze in 9 x 9 inch pan. Remove from pan and whip with an electric mixer. Refreeze.

## **Pineapple Cheesecake**

1 cup graham cracker crumbs  
3 tablespoons margarine, melted  
3 ounce package sugar free lemon-flavored gelatin  
1 cup boiling water  
1 1/2 pounds lowfat cottage cheese  
2 tablespoons sugar  
8 1/2 ounce can crushed pineapple, packed in natural juices  
1 tablespoon water  
2 teaspoons cornstarch

Mix crumbs and margarine, press into bottom of an 8 inch square pan, and chill. Dissolve gelatin in boiling water and cool until lukewarm. Blend cottage cheese and sugar with a mixer. Slowly add the dissolved gelatin and mix well. Pour the above into crust mixture and chill until firm. Stir cornstarch and tablespoon of water in a saucepan until smooth. Blend pineapple and its juice into cornstarch mixture and bring to a boil, stirring constantly. Cool 15 minutes. Spread cooled pineapple mixture over cheesecake and chill 1 hour or more. Makes 12 servings.

## **Strawberry Graham Sandwich**

Spread strawberry flavored yogurt on 2 graham cracker squares. Top one cracker with sliced strawberries. Place the other square on top of the strawberries to make a sandwich. Makes 1 serving.

## **Strawberry Yogurt Popsicles**

2 cups strawberries, chopped  
2 cups low fat vanilla yogurt  
12 small paper cups  
12 wooden popsicle sticks



Combine strawberries and yogurt. Mix well. Fill cups with mixture. Cover cups with plastic wrap or aluminum foil. Insert a stick through the plastic wrap or foil. Freeze popsicles until firm.

## **Total Cookies**

1/2 cup sugar  
1 1/2 cups flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1 cup margarine  
2 cups Total cereal, crushed

Preheat oven to 350 degrees. Place sugar and margarine in a large bowl and mix thoroughly. Add flour, baking soda and baking powder. Mix in cereal. Roll by teaspoonful into small balls and place on ungreased cookie sheet. Press with fork to flatten balls. Bake at 350 degrees for 10-15 minutes or until golden brown. Makes about 48 cookies.

## **Creamy Dill Dip**

2 teaspoons parsley flakes  
1 teaspoon dill weed  
2 small garlic cloves, pressed  
2 cups lowfat sour cream

Mix all ingredients well. Serve with your choice of fresh vegetables.

## **Garden Party Dip**

1/2 pint light sour cream  
4 ounces Neufchatel cheese, softened  
1/4 cup finely shredded fresh carrots  
1/4 cup finely chopped red sweet bell pepper and green onion  
2-3 tablespoons prepared salsa

In a bowl, whisk together sour cream and cheese until smooth. Stir in vegetables and salsa. Cover and chill. Use with your choice of fresh vegetables.

## **Mozzarella Dip**

1 cup shredded mozzarella cheese	1 cup sour cream
2 cups mayonnaise	2 tablespoons Parmesan cheese
1 tablespoon dried onion flakes	Pepper and garlic salt to taste

Combine all ingredients in a bowl, and mix well. Serve with bite-size vegetables or as a spread on whole wheat crackers.

## **Layered Taco Spread**

8 ounces cream cheese  
8 ounces low fat sour cream  
1-8 ounce jar mild taco sauce  
1 cup shredded cheese  
1/2 cup chopped tomato  
1/2 cup chopped green pepper  
1/2 cup black olives, sliced

Mix the cream cheese and sour cream until smooth. Pour it onto the bottom of a serving dish or pie pan. Pour the taco sauce on top of the cream cheese mixture. Sprinkle half of the cheese on top. Layer the vegetables on, one at a time. Sprinkle the remaining cheese on top. Serve with tortilla chips. Makes 8-10 servings.